



Photo by Airman Jason Burton

First 'unmanned' flight

Maj. Kristin Goodwin and Capt. Jenn Jeffords, 325th Bomb Squadron, became the first female crew to fly a B-2 Spirit bomber Monday. The pilots flew a 3.5 hour sortie in the Spirit of Mississippi. The pilots also refueled with a KC-135 Tanker from Altus Air Force Base, Okla., and practiced conventional bombing. Major Goodwin has been a B-2 pilot since May 2002. Captain Jeffords became B-2 certified in August.

Rules limit political activity

With election activity heating up, Air Force members should know there are rules regulating their involvement in political activity. These rules can be found in Air Force Instruction 51-902, Political Activities by Members of the Air Force.

Violations of the AFI are punishable under Article 92, Uniform Code of Military Justice, Failure to Obey a Lawful Regulation.

The rules are designed to ensure that the military is politically neutral. However, individual Air Force members can participate in our political process. The Air Force encourages its members to register to vote and vote as they choose. Air Force members may:

- ✓ Attend political meetings or rallies as a spectator when not in uniform;
- ✓ Join a political club and attend its meetings when not in uniform;
- ✓ Contribute money to a political organization or committee favoring a particular candidate or slate of candidates;
- ✓ Wear a political button when not in uniform and not

on duty.

✓ Air Force members must be aware of what is prohibited activity.

Air Force members may not:

- ✓ Participate in partisan political management, campaigns or conventions, or make speeches in course of such activity;
- ✓ Serve in any official capacity or be listed as a sponsor of a partisan political club;
- ✓ March or ride in a partisan political parade;
- ✓ Attend political meetings, rallies, clubs, etc., while in uniform;
- ✓ Make campaign contributions to a partisan political candidate;
- ✓ Solicit or engage in fund-raising activities in federal offices or facilities, including military installations, for a political cause or candidate. For a complete list, review the AFI.

For more details, call the 509th Bomb Wing Legal Office at 687-6809. *Courtesy of the 509th Bomb Wing Legal Office.*

Red Carpet Rollout

ACC Inspector General Team

Headquarters Air Combat Command

News in Brief

'Cookie bus' to visit during NORI

Donations are needed for the "cookie bus."

The "cookie bus" is a snack service that will provide drinks and snacks to wing members during the NORI exercise now through Oct. 29. Cookies, brownies, muffins, prepackaged snack crackers and granola bars can be donated at the Chapel Annex today through Oct. 29. For more details, call Rhonda Miller at 563-3706 or Joyce Petrek at 563-3119.

This event is sponsored by the Whiteman first sergeants, the base chapel and the officers and enlisted spouses' clubs.

ALS schedules events

✓ The airman leadership school Class 04-G retreat begins at 5:30 p.m. Nov. 4. The guest speaker is Chief Master Sgt. Vicki Orcutt, 509th Bomb Wing command chief master sergeant.

The menu is chicken cordon bleu with mashed potatoes, vegetables and chocolate mousse. The cost is \$13.55 for members and \$15.55 for non-members. The uniform is mess dress or semi-formal for military and coat and tie for civilians. See a member of Class 04-G for more details or to sign up.

✓ The Class 04-G retreat begins at 4 p.m. Oct. 29 on the ALS drill pad. This will be an informal ceremony. Participants must be in place by 3:45 p.m.

✓ The ALS Class 04-G reveille begins at 7:30 p.m. Participants must be in place by 7:25 a.m.

Halloween hours set

Whiteman halloween hours will be 6-8 p.m. Oct. 31 at base housing. For more details, call Tech. Sgt. Carol Wiggins at 687-5175

'House of Nightmares' opens

The Whiteman "House of Nightmares" opens 6-9 p.m. Oct. 28-30 at 821 Marshall St. Admission is a reasonable cash donation, or Thanksgiving-themed canned goods and non-perishables. For more details, call Staff Sgt. Brad Calahan at 687-6391.

Wing quarterly awards breakfast set

The 509th Bomb Wing quarterly awards breakfast begins at 8 a.m. Nov. 2. at Mission's End. The menu is eggs, potatoes, ham, danishes, coffee and juice. The cost is \$8.35 for club members and \$10.35 for non members

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Commander's Corner

By Col. Chris Miller
509th Bomb Wing Commander

VOTE — In every newspaper and on every channel, headlines highlight the elections in Afghanistan and Iraq. The citizens of those countries take voting very seriously. Since the 1770s, many of our American comrades in arms have given their lives or been injured to help build and sustain democracy, so that citizens can freely express their will at the ballot box.

Your choices in the upcoming election are yours alone, but voting is a privilege and responsibility that all Americans must not take for granted. Whether you're voting in person or absentee,

make sure you do what you need to do to express your choice as a citizen ... and if you need help, see your voting assistance officer.

EXTENDED FAMILY — Whiteman has many deployed Airmen and they're doing a great job serving our country "over there." We must ensure we're staying in touch with their families "over here" and help them get through the deployment, too.

Take the time — make a call — you never know when you might cheer someone up or meet a real need. Thanks to all who have been helping, and to those who will!

CONGRATS — Whiteman's Precision Measurement Electronics Lab was selected as the PMEL

of the Year for 2004 from a field of nine contractor contenders. Their work assures that many base and aircraft critical systems perform up to expectations, and we wouldn't turn a wheel without their outstanding work. Well done!

OPSEC — Security Rosters, credit card slips, conversations in public places or over unsecure telephones ... all are potential targets of exploitation, and the threat is real. It's long been necessary to safeguard Privacy Act data against common criminal threats. The safeguarding of that data and other essential elements of information against terrorist threats is needed more than ever. Stay heads-up — share personal and other military information only

with those you know and trust — and report suspicious questions or comments through central security control at 687-3888.

WELCOME INSPECTORS — Team Whiteman works hard to maintain a sharp edge in every assigned mission. When the inspector general arrives today, they're here to educate, motivate, and independently evaluate how well we train for our wartime tasks.

If you're a member of the 509th being inspected, I know you're ready for a chance to show the Air Combat Command's experts what you do and how well you do it. If you're an inspection team member, we welcome your visit and trust you'll look hard at our "B-2 Spirit!"



Photo by Airman Jason Burton

Marc Morris, Precision Measurement Equipment Laboratory technician, tests the calibration of a torque wrench used by the 509th Munitions Squadron.

Safety should be everyone's goal

By Col. Chris Matson
509th Maintenance Group Commander

Safety is everyone's goal — be proactive. It should be your number one goal — every day.

In my group, safety is a top priority. I don't want to lose any group member or their family members. Over the past couple of years, I've attended more than 30 fatality briefings — far too many for our command and the Air Force. With everyone engaged and looking out for our fellow Airman and family members, we can make a difference and reach our goal.

The common denominators I've learned from the fatality briefings are:

- ✓ Judgment
- ✓ Riding high performance motorcycles (without having the experience to do so)
- ✓ Speeding
- ✓ Alcohol
- ✓ Seat belt misuse and
- ✓ Traveling long distances without adequate rest.

We all think we're invincible and that accidents only happen to others — how untrue. I believe in the old sayings that "all accidents are avoidable" and "someone knows something about everything." With that being said, we must act before it's too late. Many times we piece the puzzle together after the fact. Instead we must take action earlier and be proactive. We can make a difference and effect change.

Judgment

Judgment comes down to making the best choice. For example: the choice to speed or not speed, to slow down when road conditions change or to drink and drive. You can make better choices when faced with decisions by using good judgment.

Additionally, you can effect change in other people by saying something when you observe someone not using good judgment. My wife does this all the time and she has made me change. I'm now much safer thanks to her good judgment and proactive involvement.

A good example is observing someone not putting on a seat belt and stopping them before they begin driving. It's not easy, and could become confrontational, but it's the right thing to do.

Motorcycles

Riding of high performance motorcycles — those that fly like the wind — seem to be another trend. Thrill seekers seem to really get a jolt from riding these at very high speeds. The trend is inexperienced riders who can't keep up with the machine. To say it another way, more machine than a person can safely handle.

I recommend building up to a high performance bike by gaining the experience you need on a less capable bike, then moving up once you've mastered some of the basic riding skills.

Speed

I can't say a lot about this topic other than slow down. Follow the posted speed limits. "Arrive alive" sums up this category; the alternative is just not worth it.

In about three-fourths of all fatal personal owned vehicle and motorcycle accidents I've been briefed on, speed was a major factor. Slow down and encourage those around you to do the same.

Alcohol

Simply said — if you drink, don't drive. This means if you opt to drive — don't drink. Better yet, if you plan to



Photo by Senior Airman Joe Lacdan

Col. Chris Matson, 509th Maintenance Group commander, talks with Airman 1st Class Darwin Natividad, 509th MXG, about the importance of wearing safety belts.

drink, never opt to drive and always have an alternative means to get home. Have a designated driver, use the Airmen Against Drunk Driving program or call a taxi, friend, family member or coworker.

Use whatever works to keep you from getting behind the wheel of a vehicle with impaired judgment. This unsafe act not only endangers the life of the person under the influence but all the people on the highway. It's bad enough that a person drinks more than they should; but to put completely innocent people in harm's way is inexcusable.

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Editorial Staff

509th BW Commander Col. Chris Miller
Chief, Public Affairs Maj. Don Langley
NCOIC, Public Affairs Staff Sgt. Francesca Popp
Editor Senior Airman Joe Lacdan
Staff writer Airman Jason Burton
Staff writer Melissa Klinkner

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The deadline for article submissions to the *Whiteman Spirit* is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.

For more information, call the *Whiteman Spirit* office at 687-6133, fax us at 687-7948, e-mail: whiteman.spirit@whiteman.AF.mil or write to us at:

509th BW/PA, 509 Spirit Blvd. Ste. 111
Whiteman AFB, Mo. 65305



Photo by Senior Airman Joe Lacdan

Staff Sgt. Jill Bass, 509th Medical Operations Squadron, stocks vaccines at the immunizations clinic. See Page 9 for more details.

Clinic out of flu shots

Due to the nationwide flu vaccine shortage, the 509th Medical Group immunizations clinic doesn't have flu vaccines available. Updates will be published in the *Whiteman Spirit*.

In the meantime, the Centers for Disease Control and Prevention recommend the following ways to protect yourself from influenza:

- ✓ Avoid close contact with people who are sick and keep your distance from others when you're infected to protect them from getting sick too.
- ✓ Stay home when you're are sick. If possible, stay home from work, school and errands to help prevent others from catching your illness.
- ✓ Cover your mouth and nose. Use a tissue when coughing or sneezing.
- ✓ Clean your hands. Washing your hands often will help protect you from germs.
- ✓ Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated, then touches their eyes, nose or mouth. *(Courtesy of the 509th Medical Group)*



Photo by 1st Lt. Ed Gulick

Street dedicated to Sailor

Col. Chris Miller, 509th Bomb Wing commander, speaks during a street-naming ceremony Saturday in Sedalia. The ceremony honored Navy Petty Officer 1st Class John Housel, the first Sailor killed during the attack at Pearl Harbor, Hawaii, on Dec. 7, 1941. Petty Officer Housel's body is entombed on the USS Arizona. The colors were presented by the Smith Cotton High School Army Junior ROTC.

Wheel of Fortune spins into Whiteman

By Senior Airman Joe Lacdan
Public Affairs

Whiteman members gathered in the Missouri Army National Guard Armory Monday united in one chant.

"Wheel ... of ... Fortune!"

The popular game show held a contestant search here. Representatives of the show randomly selected Whiteman members to play the show's traveling version.

About 500 Whiteman members attended the show, and more than 70 Whiteman members were selected, surveyed and interviewed on a stage. Then, based on their stage interview, they will be evaluated on energy, enthusiasm and stage presence, said Amy Prenner, Wheel of fortune publicist.

Many participants were longtime followers of the game show.

"I used to watch Wheel of Fortune with my dad," said Staff Sgt. Amanda Rodriguez, 715th Weapons Squadron. "It would be great for him to see me on the show."

Sergeant Rodriguez, member who has been a fan of the show since she was 5, was among the Whiteman members

selected to go on stage and play the mock Wheel of Fortune game. Contestants were also awarded with T-shirts, cups, hats and CD-Roms.

Some attended the event to cheer on family members. Cindy Watchorn, spouse of 1st Lt. Chad Watchorn, 509th Logistics Readiness Squadron, also received a shot at an audition slot. Lieutenant Watchorn admits he isn't a big fan of "Wheel of Fortune," but said he likes his wife's chances of winning a spot on the show.

"I'm very optimistic," he said. "I look forward to seeing her on TV."

Ms. Prenner said she was impressed by the enthusiasm of the Whiteman crowd.

"It's fantastic," she said. "Everybody has a lot of energy."

Wheel of Fortune officials will select and notify Team Whiteman members if they've been selected for final auditions before the show's taping in April. The show will be taped at Bartle Hall in Kansas City, Mo.

Those whose names weren't drawn Monday, will still have a chance to be selected to audition for the Kansas City tapings or for a future taping in the show's Los Angeles studios.



Photo by Senior Airman Joe Lacdan

Marty Lublin, host of the "Wheel of Fortune" traveling show, entertains Whiteman members at the Missouri Army National Guard Armory Monday. The "Wheelmobile" spent four hours randomly selecting potential contestants for the game show's first Kansas City, Mo., appearance in Spring 2005.

This space is reserved for advertisements

SAFETY, Continued from Page 2

able. Have a good time, but never drink and drive.

Seat belt misuse

Statistics clearly show that the use of seat belts saves lives. We still see a lot of accidents where individuals opted not to take a second or two to put on their seat belt. It's just not worth the consequences of not clicking it. I also ask that you always make those in your vehicle or those you observe always put on their seat belt. By doing so you're keeping everyone safer — it's worth it.

Traveling

Finally, if I've seen this once, I've seen it more than a dozen times in the last two years. A person will work all day and then make a decision to take off on a long trip that evening or late into the night. Some-

where along the way, that person falls asleep at the wheel. We must use good judgment and clearly arrive on the safe side — take the time to get the rest you need prior to departing. Take a break before becoming unsafe and a hazard on the road. I would even suggest not departing after a full day of work to make sure you get adequate rest. The best bet is to burn a day of leave — it's worth it if you arrive alive.

Safety is everyone's business and ought to be your daily goal. If you have folks around you (and you do) driving too fast, using poor judgment, driving after drinking, not using seat belts, driving a bike without prerequisite experience, or driving long distances without adequate rest — take action! By doing so, you are doing the right thing and saving lives. Nothing is more important than that.

Be safe and make those around you be safe — we need each and everyone of you!

The *Whiteman Spirit* wants to feature you.
Do you, or does someone you know, have a story idea you'd like to see in the paper?
Let our staff know about it.
For more information, call 687-6133 or e-mail
whiteman.spirit@whiteman.af.mil.

This space is reserved for advertisements

Halloween safety tips

By Staff Sgt Kevin Higgs
509th Security Forces Squadron

Halloween is an exciting time of the year and a particularly special treat for children. However, Halloween can be very stressful, as some people may play mean tricks and provide tainted treats.

For this reason, parents and children should be alert to unnecessary hazards because concerns about child safety can ruin the joy of Halloween.

Crime prevention tips

The following crime prevention tips can help make Halloween safe and more enjoyable for everyone:

- ✔ Do not leave your home unattended
 - ✔ Keep your pet(s) indoors or in another safe place
 - ✔ Walk through your neighborhood with others to discourage acts of malicious mischief and speeding motorists
 - ✔ Set a specific time limit for your child/children to be out
 - ✔ Only give homemade treats to children you know; make sure they are properly wrapped
 - ✔ Instruct your children to never enter the home of a stranger
 - ✔ Never invite children into your home
 - ✔ Instruct children not to stray from their group
 - ✔ Do no allow children to go out alone
 - ✔ Tell your children not to accept rides from strangers
 - ✔ Turn your porch light on to let children know its alright to visit your home
 - ✔ Ensure your children wear light color clothing along with something reflective and provide them with a working flashlight.
- Halloween is a time for ghosts and goblins and fun with your friends.
- By following the above tips, and with proper planning, your family will have a great time on Halloween. If you would like any additional information, please feel free to call the Resource Protection Office at 687-4482.

DoD vaccine supply dwindling

Given the recent news regarding a nationwide flu vaccine shortage, people have inquired about their options under Tricare to receive a vaccination.

The Department of Defense will receive about 1.5 million doses of vaccine, about half of their usual requirement.

Because of this, the 509th Medical Group officials anticipate they'll need to ration available vaccine (when it arrives) to high-risk military essential groups deploying members and basic trainees, medically high-risk groups, (diabetics, those with compromised immune systems, etc.), and other high risk groups as identified by the CDC.

Currently, the immunizations clinic is out of the flu vaccine.

What this means is that in all likelihood, low - risk active duty membersl (healthy 18-to-49-year olds) won't receive an annual flu shot this year. Likewise, vaccine will not be available for family members and retirees who are not in a high-risk group.

Many commercial vendors who normally provide flu shots such as grocery stores and pharmacies, have already published notices that their planned campaigns have been cancelled due to the nationwide shortage of vaccine. This shortage impacts all health care providers and, unless a beneficiary falls into a high risk group, access to a flu shot will most likely be extremely limited to non-existent.

Given this, you may still have beneficiaries asking what they can do about obtaining a flu shot and

whether or not Tricare will pay. Here are some talking points to use:

- ✔ There is a national shortage of flu vaccine. If you feel that you're a person in the high-priority group, call your MTF or network PCM for guidance.
 - ✔ Local health departments should have information on local availability of flu vaccine.
 - ✔ Influenza vaccinations are a covered benefit under preventive services for Tricare.
 - ✔ Standard, extra and prime beneficiaries. For standard and extra, co-pays and deductibles will apply.
 - ✔ Beneficiaries receiving this service in a non-MTF setting (off base) may need to file a Department of Defense Form 2642 for reimbursement of out of pocket expenses.
 - ✔ The beneficiary doesn't need a referral or authorization from their PCM to seek this service from a network provider.
- Vaccinations obtained from a non-network provider are normally subject to point-of-service charges to the beneficiary; however, due to the unique circumstances brought on by this national shortage, TriWest has decided to waive POS charges for the influenza vaccination this year. This applies to PRIME beneficiaries only. This means beneficiaries will be reimbursed for charges they incur from receiving the vaccine from a non-network provider. The beneficiary must still file a DD Form 2642 to receive reimbursement. *(Courtesy of the 509th Medical Group)*

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Whiteman Spirit Award



Senior Master Sgt. Teresa Wolfenden
509th Mission Support Squadron

Senior Master Sgt. Teresa Wolfenden, 509th Mission Support Squadron, received the Whiteman Spirit Award from Col. Chris Miller, 509th Bomb Wing commander, Monday.

Master Sgts. Steve and Dee Ann Poole nominated Sergeant Wolfenden for the award. Sergeant Dee Ann Poole had less than 24 hours' notice of an overnight surgery in Kansas City. Sergeant Wolfenden made phone calls to Sergeant Dee Ann Poole's friends and family, and organized a group of people to provide food during the surgery.

"The phone calls she made helped reduce my stress," said Sergeant Dee Ann Poole, 509th BW. "They freed me up to make last-minute arrangements with Tricare and perform last-minute chores at home. Two of my sisters traveled from Iowa to help, but without Teresa, it wouldn't have gone as smoothly."

Sergeant Wolfenden worked with Sergeant Poole's sisters to transport Sergeant Poole's two children to daycare and school. Sergeant Wolfenden also rounded up meals donated by Air Force members and delivered it to Sergeant Poole's house.

"Her priceless gift of helping us through a rough time is truly appreciated," said Sergeant Steve Poole, 509th Munitions Squadron. "Teresa is an irreplaceable member of the 509th team."

Personally Speaking

Duty title: Base individual mobilization augmentee administrator

Time on station: 6 years, 6 months

Time in service: 19 years, 6 months

Hometown: Gettysburg, Pa.

Spouse: Master Sgt. Jim Wolfenden, 442nd Fighter Wing

Children: Jeremy, 18; Daniel, 16; Dylan, 12; and Ryan, 6.

Hobbies: Golf, biking, reading and activities with my family

Goals: To become a chief master sergeant and provide the best service possible to my customer base, and to be the best wife and mother that I can be.

Best thing about Whiteman: The people assigned to the base as well as those in the communities.

Pet Peeves: The people with the "me" attitude who don't take responsibility for their own actions and blame others.

What motivates your winning spirit? Taking care of others because it's the right thing to do.

If you could change one thing about Whiteman, what would it be? Nothing.

Submitting a Whiteman Spirit Award

Individuals are nominated from within their units or by customers impressed by the person making Whiteman a better place to live and work by going far beyond his or her assigned duties to "make it happen." If you know someone who has the Whiteman Spirit, send the nomination to the 509th Bomb Wing Public Affairs Office, Bldg. 509, Suite 111, or e-mail white-man.spirit@whiteman.af.mil.

First-Term Airmen Course: Transition to the mission

By Airman Jason Burton
Public Affairs

To some, the First-Term Airmen Course may seem like an extension of technical school or basic training.

However, in reality, FTAC is a two-week class designed to help new Airmen make a smooth transition from the training environment to the operational Air Force, said Tech. Sgt. David Hodges, FTAC NCO in charge.

The FTAC program here started early in 1998 by retired Chief Master Sgt. Dale Buckingham. Since then, 3,266 Airmen have graduated from the course.

"Before FTAC, each new Airman was immediately put into a duty section without a transition stage from technical school to the operational Air Force," Sergeant Hodges said. "FTAC prepares new Airmen for success before they're released back to their duty section."

During the course, the Airmen participate in a combination of briefings, tours, fitness and volunteering.

The briefings range from Airmen Against Drunk Driving, core values, drug abuse, how to succeed, life skills and more. These briefings are given by Sergeant Hodges and Staff Sgt. Brad Calahan, FTAC team leader, as well as other base members including civilians, chief master sergeants and officers.

New Airmen also receive a tour of the education cen-

ter, chapel, thrift shop, Airman's Attic, confinement facility, Oscar-01, services facilities and a demonstration by the honor guard. This gives Airmen a better understanding of what each organization has to offer, Sergeant Hodges said.

Fitness is an integral part of FTAC. Eight hours are dedicated to fitness during the two-week course. Volleyball is the game of choice because it emphasizes team work, communication and group coordination — all three of which are vital to the Whiteman's mission and the Air Force, said Sergeant Calahan. FTAC students also participate in flight-formation runs.

The whole-person concept is talked about frequently during the course and each class volunteers for one project that positively affects the base or local community. FTAC students have volunteered at the Warrensburg Veterans Home, the family support center food pantry, and most recently, the Red Cross blood drive, where enough blood was collected to save 321 lives.

FTAC reinforces the values learned in basic training and technical schools, and focuses on teaching professionalism. Sergeant Hodges said the FTAC staff strives to raise the standard and show student Airmen how a professional looks, talks and acts.

"Some would go so far to say that we eat a big bowl of 'Hooah' for breakfast each day," he said.

While each Airman received core value briefings in

“Some would go so far to say that we eat a big bowl of ‘Hooah’ for breakfast each day.”

Tech. Sgt. David Hodges
509th Mission Support Squadron First-Term Airmen Course

basic training and technical school, FTAC instructors teach the subject in a more down-to-earth fashion highlighting trends seen at Whiteman.

"If the briefings can prevent further mishaps or bad decisions, we've done our job," Sergeant Hodges said.

Sergeant Calahan agrees.

"It's important for us to mentor our young Airmen and help them develop professionally. That way the future of the Air Force will stay bright. I strive to see Airmen fill the roles of leaders and supervisors one day," he said.

Airmen who enter today's Air Force are smarter than previous generations; they're equipped with the tools they need, just waiting to be tapped, Sergeant Hodges said.

"All new Airmen that go through FTAC have the potential to become great leaders, but they all need a little 'fire' underneath them as motivation to strive for more," said Sergeant Hodges. "We want to light that fire."



Photo by Staff Sgt. Brad Calahan

FTAC students stand in formation while saluting the flag during retreat.



Photo by Airman Jason Burton

Tech. Sgt. David Hodges, 509th Mission Support Squadron, inspects Airmen during open ranks. Looking sharp and professional is important in the Air Force; FTAC encourages all Airmen to look their best every day. FTAC students are inspected once in blues and once in the battle dress uniform.



Photo by Staff Sgt. Brad Calahan

FTAC students get the opportunity to see the B-2 up close during a tour. Nine hours are spent touring base facilities during the two-week course.



Photo by Staff Sgt. Brad Calahan

FTAC students move food collected during the family support food drive. In 2004, FTAC students volunteered 1,385 hours in the local community.



Photo by Airman Jason Burton

Staff Sgt. Brad Calahan, First-Term Airmen Course team leader, teaches the wing's chain of command during the "How to succeed at Whiteman" briefing. More than 60 hours are spent in the FTAC classroom for briefings. These briefings answer many questions new Airmen have about Whiteman, the Air Force and their careers.



Photo by Airman Jason Burton

Staff Sgt. Brad Calahan, 509th Mission Support Squadron, and FTAC students sing cadence during a flight-formation run. Teamwork and being fit to fight is essential to the mission and the Air Force.



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Photo by Melissa Klinkner

Capt. Christopher Seaman, 509th Medical Support Squadron pharmacist, verifies a prescription.

National Pharmacy Week begins Sunday

The 509th Medical Group celebrates National Pharmacy Week Sunday through Oct. 30. People who visit the clinic can participate in these activities:

- ✓ Children's puzzles
- ✓ Gift giveaways
- ✓ Patient medication information and
- ✓ An opportunity to win an Army and Air Force

Exchange Service gift certificate

During this time, pharmacy professionals encourage their patients to take a few minutes to learn more about their medications. People should ask the pharmacy staff or health care provider these questions about their prescriptions:

- ✓ What is the name of the medication?
- ✓ What is the medicine supposed to do? What is it being prescribed to treat?
- ✓ How should I take (use) this medication?
- ✓ What should I do if I miss one or more doses?
- ✓ When should I expect the medicine to begin working?
- ✓ How will I know if the medicine is working?
- ✓ While taking this medication, should I avoid taking certain other medications, eating certain foods, drinking alcohol or driving?
- ✓ Are there any side effects I should be aware of?
- ✓ How should I store the medication? (Refrigerate, avoid sunlight, etc.)? Can I get a refill? When? (*Courtesy of the 509th Medical Group*)

Don't miss out on Tricare benefits

Parents of newborns or adopted children must register them in the Defense Eligibility Reporting System no later than 120 days after the event to receive Tricare Prime benefits. To do this, the sponsor



must take a copy of the child's birth certificate or adoption papers to the military personnel flight customer service section. After enrolling in DEERS, parents can get a Tricare enrollment forms at the 509th Medical Group Tricare Service Center or at <http://www.triwest.com>. To get one by mail, call 888-TRIWEST (874-9378).

FOR YOUR INFORMATION

Family Support

Call 687-7132 for more details on these events or other family support center activities. Events take place at the FSC.

Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday. Spouses are encouraged to attend. This briefing covers information about preparing for deployment and programs available to family members who are left behind.

Pre-separation briefing set

A pre-separation briefing for people separating from the military begins at 9 a.m. Monday. Representatives from the military personnel flight, family support center, Reserves and finance will provide information. The MPF separations and retirements office schedules members for this briefing. For more information, call 687-1500 or 687-6720.

Class helps with move

A mandatory stateside smooth move seminar for people planning to move stateside in the near future begins at 1 p.m. Thursday. Facilitators will discuss the financial benefits associated with moving and provide a variety of useful resources. PCS orders are not necessary. Spouses are encouraged to attend. Reservations are required.

Party set for families

All families of those serving in a remote assignment or who are deployed are invited to a Halloween party from 1-3 p.m. Saturday. Reservations are required.

Education

Commissioning forum scheduled

An enlisted commissioning forum takes place 12:30-1:30 p.m. Oct. 28 at the education center. This forum is for enlisted members seeking a commission in the Air Force, or with questions about ROTC and officer training school. Reservations required. For more details, call 687-2420.

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DUI free

Maj. Chase McCown, 509th Aircraft Maintenance Squadron commander, places the AMXS decal on the Spirit Challenge Honor Roll for being DUI free for six months. The 509th AMXS is the largest squadron in the wing and this is the first time it's been on the board. Also pictured are Airman 1st Class Ryan Maxwell, Senior Airman Carl Robertson, and Airman 1st Class Tyler Brantley, 509th AMXS.



Photo by Airman Jason Burton



Intramural Flag Football (As of Wednesday)

<u>Team</u>	<u>Won</u>	<u>Lost</u>
OSS	6	0
Alpha	7	2
AMXS B	8	3
MUNS	8	3
Delta	6	2
MXS	6	3
CES	5	3
AMXS A	6	5
CS	6	5
MED	3	5
Tigers	3	7
MED	1	5
BW/MSS	1	13
442	2	6
CPTS	0	14



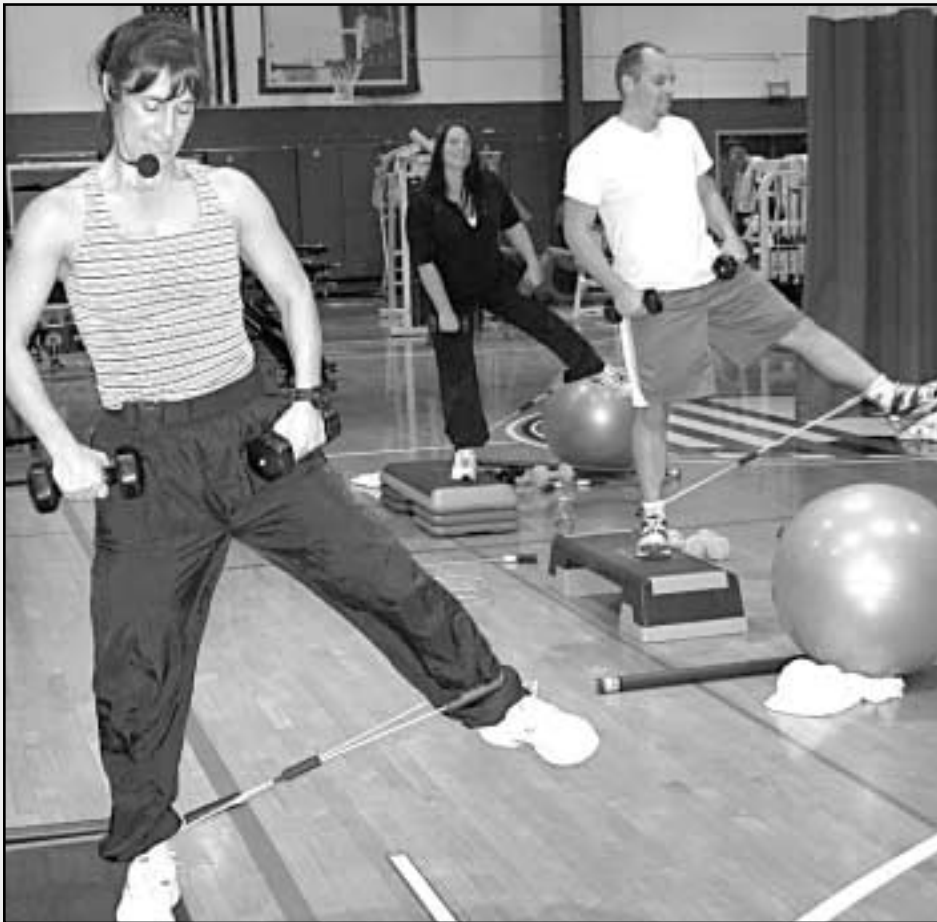
Tuesday Night Mens League (Week 7 of 34)

<u>Team</u>	<u>Won</u>	<u>Lost</u>
Team 10	35	13
Warrensburg Chrysler	32	16
Team 8	32	16
T.N.L.	28	20
Dilligas	27	21
Gutter Dusters	26	22
Team 4	20	28
Elliot Electric	18	30
Bastages/R	14	34

Wednesday Intramural League (Week 3 of 34)

<u>Team</u>	<u>Won</u>	<u>Lost</u>
AMXS	42	14
SFS	38	18
OSS	38	18
CPTS	36	20
CES A	34	22
SVS	34	22
MDG A	34	22
MSS/BW	34	22
MXS B	32	24
MUNS	26	30
MXS A	26	30
COMM	19	37
CES B	18	38
MOS	16	40
CES C (Fire Dept.)	12	44
MDG B	9	47

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Photos by Senior Airman Joe Lacdan

Two workouts in one

Left: Alicia Ferris-Dannenberg, spouse of Master Sgt. Eric Dannenberg, 509th Civil Engineer Squadron, leads the “Extreme Fitness” class at the fitness center Tuesday. The class, which takes place 11:30 a.m.-12:30 p.m. Tuesdays and Thursdays, combines two workouts into a one-hour session. Participants will get a cardiovascular workout and also will improve endurance and strength. Mrs. Dannenberg, a registered nurse and a certified exercise specialist, designed the workout for people on tight schedules. “I wanted to create a class where (you) can get a full-body workout,” she said. Above: Airman Mary Cotterman, 509th Medical Operations Squadron, uses free weights and an exercise ball to strengthen her shoulder muscles.

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Services Page editor.....Stacey Schindler
509th Services Squadron.....687-4386
*No federal endorsement of mentioned sponsors intended.

FOOD & FUN

Mission's End 687-4422

Post NORI burger burn

Join us and enjoy free hamburgers, hotdogs, chips, beans and beverages at 1 p.m. Nov. 1 at Mission's End. This event is given to celebrate the hardwork and success of the wing Nuclear Operational Readiness Inspections.

Live DJ

Enjoy a Live DJ 7-11 p.m. today in the Lavene Lounge at Mission's End.

Whiteman's Last Comic Standing

Enjoy being on stage and entertaining your friends? Prove you're a comedian and sign up for Whiteman's live comedian contest 7-8 p.m. Nov. 12 at Mission's End. Only the first 20 people to sign up will be accepted, you get two minutes open mic, and cash prizes are awarded to first- and second-place winners. Sign up at Mission's End to get your 15 minutes of fame.

SPORTS & RECREATION

Fitness Center 687-5496

Get fit on Route 66

Participate in the quarterly incentive program to get fit on Route 66 now through Dec. 31. Each participant will travel the distance from Chicago to Santa Monica, Calif., using designated cardio equipment: cross trainer, treadmill, stationary bike (up right or recumbent) or the stair climber. Call the fitness center for more details.

Stars & Strikes 687-5114

Halloween spook pack

Take your family and friends bowling 6 p.m.-midnight Oct. 30 at Stars & Strikes for great specials. Purchase one of four spook packages ranging from \$25 to \$55 for up to 10 people. These packages include; two hours of bowling, shoe rental, soda, candy and a variety of food specials. Call Stars & Strikes for more details.

Outdoor Recreation 687-5565

Orienteering class

Learn the basic skills of reading a compass and map to find your way around the woods 1-4 p.m. Oct. 30 at outdoor recreation. The orienteering class includes; classroom discussion at outdoor recreation and hands-on practice at Knob Noster State Park. Call outdoor recreation to sign up by Thursday for this free event.

TRAVEL & LEISURE

Tickets & Travel 687-5643



Walt Disney salutes the military

Active duty and retired military members can receive 40 percent off select Walt Disney resort rooms until Dec. 25. Number of rooms are limited and must present proper military ID at time of check-in. Call Tickets & Travel for rules and regulations for this military special.

HALLOWEEN EVENTS OCT. 30

5-6 P.M. TRICK OR TREAT

AT THE WHITEMAN INN, MISSION'S END, FITNESS CENTER, STARS & STRIKES, LIBRARY, OZARK INN, TEEN CENTER, AUTO SKILLS, BX AND COMMISSARY.

4:30-5:30 P.M. PUMPKIN KICK AT THE FITNESS CENTER

5:30-7:30 P.M. BOO BASH AT THE COMMUNITY CENTER

8 P.M. YOUTH COSTUME CONTEST AT STARS & STRIKES

11 P.M. ADULT COSTUME CONTEST AT STARS & STRIKES

7 P.M.-MIDNIGHT TEEN PARTY AT THE TEEN CENTER

Sponsored in part by Services, UMB and Speedway Chevrolet.*



COMMUNITY ACTIVITIES

Community Center 687-5617

Pumpkin Parade

Squadrons, dorms, families and individuals are invited to submit carved, painted or decorated pumpkins by 6 p.m. Tuesday at the community center. Pumpkins will be judged in four categories: most militant, most seasonal, most original and most frightening. Prizes will be awarded to the winner of each category. Call the community center for more details.

Family Child Care 687-5590/1180

Extended duty child care

Register now for the extended duty care program. It is available to help parents meet child care requirements for extra duty hours and child care emergencies. Care is provided in a contracted, licensed family child care home to augment regular care arrangements. An application must be completed prior to participation.

Youth Center 687-5586

Skate day

Youth can bring their rollerblades, skates or scooters to enjoy skating to music 3-5 p.m. Saturday at the youth center. The snack bar will be open to purchase food and drinks. Call the youth center for more details about this free event.

Halloween Carnival

Kindergartners through seventh graders can wear their costumes and join us for games and prizes 6:30-9:30 p.m. Oct. 29 at the youth center. There is a \$8 fee for members and \$10 fee for nonmembers. Call the youth center for more details and to sign up.

Library 687-5614

Story writing contest

On Young Readers Day, first through fourth graders can participate in a story writing contest and learn how to make a story into a book beginning at 5:30 p.m. Nov. 9 at the base library. Call the base library or visit their Web site at <http://www.WhitemanAFBlibrary.org> for contest rules. Sponsored in part by Speedway Chevrolet.*

Veterinary Clinic 687-2667

Safety tips for your pets

Halloween can be a hairy experience for pets. These safety tips can protect them during the month of goblins and ghosts: keep pets in a separate room during trick-or-treat visiting hours; strangers and costumes can be scary. Keep posted for more tips in the Oct. 29 issue of the *Whiteman Spirit*. Call or visit the veterinary clinic for more information.

Skills Development Center 687-5691

Stepping stone class

Take a three-session stepping stone class 10 a.m.-1 p.m. Saturdays, beginning Oct. 30 at the skills development center. There is a \$35 fee plus glass. Call the skills development center for more details or stop by to sign up.

Plasma cutter operation and safety certification

Get certified and learn the use, ability and safety of the Plasma cutting unit 4-6 p.m. Wednesday at the auto skills center. Call auto skills for more details at 687-5690. Sign up by Tuesday.

Child Development Center 687-5588

Openings for full-time care

The child development center has care available for children 3 to 5 years old in need of full-time care. The CDC is accredited through the National Academy of Early Childhood Programs.

Drop-in care

The child development center has drop-in care 6:30 a.m.-6 p.m. on a space-available basis. Call for more details.

Teen Center 687-5819

Make a Difference Day

Teens can get involved with community service 1-4 p.m. Saturday at the teen center. Sort, clean and package toys for distribution to organizations. Pizza and soda will be provided at this free event. Call the teen center for more details.



Whiteman Base Theater

Today		
Cellular	7 p.m.	PG-13
Starring — Kim Basinger & Chris Evans		
Saturday		
Paparazzi	7 p.m.	PG-13
Starring — Cole Hauser & Robin Tunney		
Sunday		
Napoleon Dynamite	5:30 p.m.	PG
Starring — Jon Heder & Jon Gries		

Adults \$3.50 Youth \$1.75
Movie recording line 687-5110.
Movies are subject to change due to availability.
For current and future movie listings log on to
<http://www.aafes.com/ems/conus/whiteman.htm>.